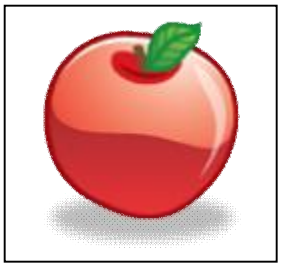
HEALTHY SNACKS FOR HEALTHY KIDS

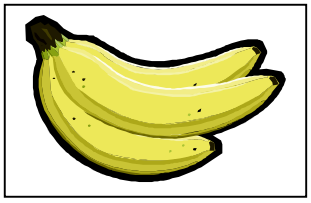
Tips for Parents At Home

WHY DOES MY CHILD NEED SNACKS?



Children have much smaller stomachs than adults. A child needs smaller amounts of food many times throughout the day to get the amount of nutrients they need be healthy.

WHY ARE SNACKS IMPORTANT?



Snacks are an important time to make sure your child is getting the good things in food that a child needs. Healthy snacks provide children with nutrients they need that are not provided in the meals they eat.

HOW TO READ A FOOD LABEL

✓ Look for snacks with one serving per package

✓ Limit these Nutrients

✓ Get plenty Of these Nutrients

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick guide to Daily %

✓ 5% or less is Low

✓ 20% or more is High

HOW DOES EATING THE RIGHT AMOUNT OF NUTRIENTS AFFECT MY CHILD?

A child that gets the right amount of nutrients has a healthy body and mind. A child that is not getting the right nutrients can be linked to low math skills, absenteeism, tardiness, anxiety problems, grade repetition, aggression, and poor social skills.

HERE IS A WAY OF PUTTING TYPES OF SNACKS INTO GROUPS…

Green – Eat Frequently

- Fruits
- Vegetables
- Granola Bars (not fudge dipped)
- General Mills and Kellogg's Cereal Bars
- Yogurt

Yellow – Eat Occasionally

- Peanut Butter Crackers
- Pretzels
- Animal Crackers
- 100 Calorie Packs
- Nuts and Seeds

Red – Eat Rarely

- Regular Chips
- Candy Bars
- Little Debbie Snacks
- Candy Bars
- Cookies
- Beef Sticks

Snackwise® Ohio Action for Healthy Kids®